KIKKOMAN

# Lemon risotto with asparagus and crispy tilapia

Total time **90 mins** **10 mins** preparation time **20 mins** cooking time **60 mins** marinating time

Nutritional facts (per portion):
**2,560 kJ / 611.5 kcal**

Fat: **29.5 g** Protein: **22.8 g**
Carbohydrates: **53.3 g**

## INGREDIENTS

**2 portion(s)**

| | |
|---|---|
| **160 g** | Boneless tilapia fillets (or other white fish) |
| **4 tbsp** | Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon |
| **3.5 tbsp** | Olive oil |
| **1 pinch** | Garlic granules |
| **500 ml** | Vegetable stock |
| **250 ml** | Water |
| **50 g** | Onion |
| **125 ml** | Dry white wine (e. g. Vinho verde) |
| **100 g** | Arborio rice (risotto rice) |
| | Grated zest of half lemon |
| **1 tsp** | Lemon juice |
| **1 tbsp** | Grated Parmesan |
| **50 g** | Cream cheese |
| **250 g** | Green asparagus |
| **1 tsp** | Butter |

## PREPARATION

**Step 1**

Cut the fish into 4 smaller pieces. In a bowl, mix 2 tablespoons Kikkoman Ponzu Lemon, ½ tablespoon olive oil, add pieces of fish, sprinkle with granulated garlic and stir. Put in the fridge for 60 minutes.

**Step 2**

Boil the stock and water in a saucepan. Reduce the heat and keep it on a low heat.

**Step 3**

Finely chop the onion. Rinse the asparagus and break off and discard any woody ends. Cut off the tender tips of the asparagus and cut the remaining stems into slices.

**Step 4**

In a frying pan, heat 2 ½ tablespoons of olive oil and fry the onion. Then add the rice, fry until it becomes slightly glassy. Add wine. When the wine evaporates add 1 little ladle of warm stock and 1 tablespoon Kikkoman Ponzu Lemon. After the stock has evaporated, add another ladle of stock (repeat this step until the stock is used up). 2 minutes before the end of cooking, add the chopped asparagus, grated lemon zest and lemon juice, parmesan and cream cheese.

**Step 5**

Meanwhile, heat ½ tbsp olive oil in a separate pan and fry the marinated fish on both sides.

**Step 6**

Heat the butter in a separate frying pan and fry the asparagus tips. After 2 minutes add 1 tablespoon Kikkoman Ponzu Lemon and fry briefly.

**Step 7**

Divide the risotto between dishes and serve decorated with asparagus tips and fried fish.